

## Assessment Worksheet I: Number Bar and Yin/Yang Balance

Element %	Wood	Fire	Earth	Metal	Water
Yin Organ/Meridian	Liver	Heart/PC	Spleen	Lung	Kidney
Yang Organ/Meridian	GB	SI/SJ	Stomach	LI	UB

### Yin/Yang Balance

Organ/Meridian Occurrence Totals: Yang \_\_\_\_\_ Yin \_\_\_\_\_

Organ/Meridian Value Totals: Yang \_\_\_\_\_ Yin \_\_\_\_\_

Elements %: Yang \_\_\_\_\_ Yin \_\_\_\_\_  
 (Wood and Fire) (Metal and Water)

Day Master: \_\_\_\_\_

Yang \_\_\_\_\_ Yin

## Assessment Worksheet 2A: 5 Element Profile

**Wood**    % >24% = *Excess*

16%–24% = *Balanced*

<16% = *Deficient*

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Resistant, inflexible, oppositional	<b>Element Qualities</b> Bends with wind, flexible, adaptable, pliable	Too flexible, inflexible, vacillates
Grows or moves without caution. driven, compelled	Grows, expands, unstoppable	Lacking drive, stunted, passive
Invasive, overtakes boundaries, territorial, overbearing, dominating, aggressive	Overcomes obstacles, able to claim and defend space	Easily trampled and discouraged, deferring, trouble claiming and defending space
Headstrong, uncooperative, rebellious, preoccupied, willful	Has direction and treetop vision, goal driven	Ambivalent, lacking direction, aimless, follower
“Wow” Brain runs the show without caution, impulsive	<b>Human Part</b> Healthy “Wow” Brain	Risk averse
Ambitious, driven, aggressive	<b>Seeks</b> Movement toward something, growth, freedom, adventure, to overcome and rise above it all, to win	Unmotivated, timid
Excessive or explosive anger, easily frustrated, unforgiving, retaliatory, irritable, anger overrides or covers up other emotions	<b>Emotions</b> Assertiveness, healthy expression of anger, kindness and forgiveness	Difficulty expressing anger, easily frustrated, passive-aggressive, irritable, too little anger or stuffs anger then blows
Disease, dysfunction, or vulnerability of the Liver and Gall Bladder	<b>Yin and Yang Organs</b> Healthy and good functioning Liver and Gall Bladder	Disease, dysfunction, or vulnerability of the Liver and Gall Bladder
Disease, dysfunction, or vulnerability of the eyes and eyesight	<b>Sense</b> Healthy eyes and eyesight	Disease, dysfunction, or vulnerability of the eyes and eyesight
Dry or watery eyes	<b>Fluid</b> Tears, appropriate moisture in eyes Able to cry and shed tears	Dry or watery eyes
Vulnerability or dysfunction of the tendons and ligaments	<b>Tissue</b> Healthy tendons and ligaments, supple movement	Vulnerability or dysfunction of the tendons and ligaments
Diseases of the finger and toenails, excessive or poor growth, cracking, pitting, ridges, fungus	<b>Indicator of Healthy Wood Element</b> Healthy fingernails and toenails	Diseases of the finger and toenails, poor growth, cracking, pitting, ridges, fungus

**Fire**    % >24% = *Excess*

16% - 24% = *Balanced*

<16% = *Deficient*

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Consumes or demands attention	<b>Element Qualities</b> Bright, lights way for others	Dim, dull, introverted
Burning focus or scattered, overwhelmed, melodramatic	<b>Captivating, in-the-moment, charismatic, present</b>	Disengaged, scattered, overwhelmed, difficulty focusing
Unusual, over-the-top or inappropriate behavior, eccentric	<b>Flickering, dancing, playful, creative, regenerative</b>	Difficulty letting loose or being playful, listless
Impatient, hyperactive, unpredictable	<b>Quick</b>	Slow, impatient
Empath: oversensitive to others' emotions and environment	<b>Warm, high emotional IQ, connected</b>	Difficulty connecting, reading people
Volatile, temper, overwhelming, destructive, fanatical	<b>Hot, intense, passionate</b>	Irregular warmth, cool, or cold, passionless
Emotions and heart run the show	<b>Human Part</b> Heart and emotions	Disconnected from own and others' emotions
Immersion	<b>Seeks</b> Fun, connection, engagement, passion	Retreat
Prone to anxiety and despair, or excessively cheerful/optimistic, denial	<b>Emotion</b> Love and joy	Prone to anxiety, despair, low affect
Disease, dysfunction, or vulnerability of the Heart, Pericardium, Small Intestine and San Jiao	<b>Yin and Yang Organs</b> Healthy and good functioning Heart, Pericardium, Small Intestine, and San Jiao	Disease, dysfunction, or vulnerability of the Heart, Pericardium, Small Intestine and San Jiao
Disease, dysfunction, or vulnerability of the speech or the tongue	<b>Sense</b> Healthy speech and tongue	Disease, dysfunction, or vulnerability of the speech or the tongue
Excessive sweating or inability to sweat, abnormal sweat	<b>Fluid</b> Appropriate sweating, normal sweat	Excessive sweating or inability to sweat, abnormal sweat
Vulnerability or dysfunction of the blood vessels	<b>Tissue</b> Healthy blood vessels, good circulation	Vulnerability or dysfunction of the blood vessels
Irregular or diseased complexion: rosacea, acne	<b>Indicator of Healthy Fire Element</b> Healthy complexion	Dull, diseased, or irregular complexion: rosacea, pallor, acne

# Earth

% >24% = Excess

16% - 24% = Balanced

<16% = Deficient

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Damp, boggy	<b>Element Qualities</b> Holds/loses moisture (damp or dry)	Dry or damp or both
Heavy, “stuck in the mud,” immovable, stubborn	Holds, grounds, is grounded, stable	Feels ungrounded, unstable, spacey
Over-protective/nurturing/giving/involved, at the same time greedy/hoarding Puts others’ needs before their own and then feel empty/resentful	Nourishes, feeds, generous, sharing, has good self-care and care for others	Gives but then feels empty and resentful, can be greedy, hoarding, or people pleasing
Feels overfull and/or insatiable, overindulgent, envious	Moderate, full, content, grateful	Discontent, needy, uses food for comfort, envious
Prone to eating disorders, food aversions, and addictions	Healthy relationship with food	Prone to eating disorders, food aversions, and addictions
Disconnected from, or obsessed with, physical needs and the body	<b>Human Part</b> Physical Body Aware of body’s needs, good self-care	Disconnected from physical needs and the body
Indulgence, false comfort	<b>Seeks</b> Food, Comfort, Harmony	Indulgence, false comfort, or is austere, ascetic
Prone to worry and obsession	<b>Emotion</b> Satisfied, grateful	Prone to worry and obsession
Disease, dysfunction, or vulnerability of the Spleen and Stomach	<b>Yin and Yang Organs</b> Healthy and good functioning Spleen and Stomach	Disease, dysfunction, or vulnerability of the Spleen and Stomach
Disease, dysfunction, or vulnerability of sense of taste, or the mouth	<b>Sense</b> Healthy sense of taste, and mouth	Disease, dysfunction, or vulnerability of sense of taste, or the mouth
Excessive or deficient salivation, abnormal saliva	<b>Fluid</b> Appropriate salivation, normal saliva	Excessive or deficient salivation, abnormal saliva
Vulnerability or diseases of the muscles and flesh	<b>Tissue</b> Healthy muscles and flesh	Vulnerability or diseases of the muscles and flesh
Diseases of the lips: dry, cracked, or cold sores	<b>Indicator of Healthy Earth Element</b> Healthy lips	Diseases of the lips: dry, cracked, or cold sores

**Metal**    % >24% = *Excess*

16% - 24% = *Balanced*

<16% = *Deficient*

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Rigid, inflexible, hard, callous	<b>Element Qualities</b> Strong and hard but malleable	Weak, rigid but crumbles
Guarded and restrained, yet can be rough, careless, defensive, cut and dry	Provides good boundaries, safe protects, contains, permeable	Poor boundaries, lacking discernment
Cutting, judgmental, prone to black and white thinking, critical, self-righteous, brusque, thinks they are right	Prunes with confidence, sharp, cuts, surgical, discerning, certain	Lacking confidence and certainty, everything is gray, no clear right or wrong, can't say "no"
Perfectionistic, obsessive, compulsive	Weighs, orders, measures, is refined, detailed, organized	Unclear, disorganized, lost in details, sloppy, unrefined
Insensitive or oversensitive	Conductive	Oversensitive or insensitive
Excessively polished, or rough and ungraceful, over-values self, arrogant	Gives value, shines, polished, graceful aesthetic, artistic	Dull, difficulty with shining, ungraceful, feels "less than" and unworthy
Ruled by "Ow Brain," overfocused on danger, problems and imperfections, excessively defensive, restrained	<b>Human Part</b> Healthy "Ow" Brain," moves away from pain; sees details and potential problems, prepares for and prevents them, proper restraint	"Ow Brain," is lacking, not enough focus on details and potential problems, fails to prepare for and prevent problems, lack of restraint
Overfocus on safety, rules, perfection	<b>Seeks</b> Safety, security, clarity, refinement, grace	Lacking focus on safety, rules, standards
Is prone to prolonged grief, sadness, melancholy, or is avoidant of sadness	<b>Emotion</b> Inspiration and hope	Is prone to prolonged grief, sadness, melancholy, or is avoidant of sadness
Disease, dysfunction, or vulnerability of the Lungs and Large Intestine	<b>Yin and Yang Organs</b> Healthy and good functioning Lungs and Large Intestine	Disease, dysfunction, or vulnerability of the Lungs and Large Intestine
Disease, dysfunction, vulnerability, or sensitivity of the sense of smell and nose, or sense of touch and skin	<b>Sense</b> Healthy sense of smell and touch Healthy nose and skin	Disease, dysfunction, vulnerability, or sensitivity of the sense of smell and nose, or sense of touch and skin
Excessive or deficient mucus, abnormal mucus	<b>Fluid</b> Healthy mucus membranes and mucus	Excessive or deficient mucus, abnormal mucus
Vulnerability or diseases of the mucus membranes and skin	<b>Tissue</b> Healthy skin and mucus membranes	Vulnerability or diseases of the mucus membranes and skin
Excessive, deficient, or abnormal body hair	<b>Indicator of Healthy Metal Element</b> Normal and healthy body hair	Excessive, deficient, or abnormal body hair

**Water** % >24% = Excess

16% - 24% = Balanced

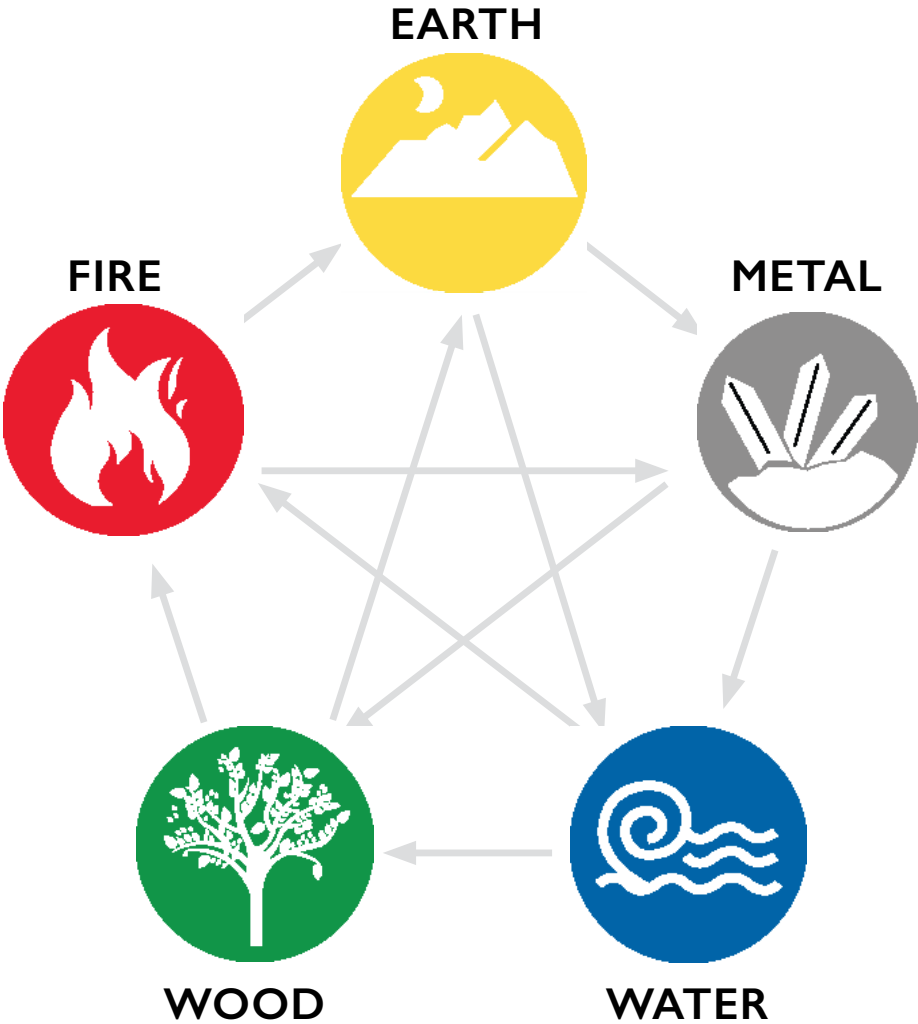
<16% = Deficient

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Wet, cold, damp, frozen	<b>Element Qualities</b> Cold, wet, moist	Dry
Disinterest in superficial issues or cultural norms, withdrawn, lost in the depths and imagination, excessive focus on mystery, death, spirituality, sexuality, dark side, or pursuit of truth	Deep, dark, mysterious and hidden Symbolizes imagination Comfort with deep and dark issues, accepts shadow aspects of life	Uncomfortable with solitude or deep issues, fearful of shadow aspects of life or obsessed with these to confront fear Trouble accessing creative flow and imagination
Too reflective, or difficulty with self-reflection (seeing self accurately)	Calm, reflective	Difficulty achieving calm and reflection Cannot see self accurately
Surging, reckless, driven, unstable, ever-changing, doesn't stop, turbulent, flooding	Constant, fluid, flows, changes forms, resilient	Not Resilient, falls apart when exhausted, lacking flow and fluidity, change is difficult
Dissociation or transcendence of the physical body and its needs, exclusive focus on inner life and spiritual pursuits	<b>Human Part</b> Spirit Connection to, and support from, a higher power	Renunciation of spiritual self, or difficulty connecting to Spirit and maintaining a spiritual practice Disinterest or challenges with inner life, solitude, truth
Overfocused on deep pursuits	<b>Seeks</b> Wisdom, truth, solitude, peace, inner life	Avoidant of deep pursuits
Prone to insecurity and fear, excess will	<b>Emotion</b> Courage and willpower	Insecure and fearful, lacking willpower
Disease, dysfunction, or vulnerability of the Kidneys and Urinary Bladder	<b>Yin and Yang Organs</b> Healthy and good functioning Kidneys and Urinary Bladder	Disease, dysfunction, or vulnerability of the Kidneys and Urinary Bladder
Disease, dysfunction, vulnerability, or sensitivity of the ears or hearing	<b>Sense</b> Healthy ears and hearing	Disease, dysfunction, vulnerability, or sensitivity of the ears or hearing
Urinary dysfunction or abnormal urine	<b>Fluid</b> Healthy urine and urination	Urinary dysfunction or abnormal urine
Vulnerability or diseases of the bones, teeth, or marrow	<b>Tissue</b> Healthy bones, teeth and marrow	Vulnerability or diseases of the bones, teeth, or marrow
Diseases of the bones and teeth, or abnormal bone and teeth growth	<b>Indicator of Healthy Water Element</b> Healthy bones and teeth	Diseases of the bones and teeth, or abnormal bone and teeth growth

### Assessment Worksheet 3A: 5 Element Dynamics

	Wood %	Fire %	Earth %	Metal %	Water %
<b>Controlling</b>	Wood > Earth	Fire > Metal	Earth > Water	Metal > Wood	Water > Fire
	Excess Wood is overcontrolling Earth.	Excess Fire is overcontrolling Metal.	Excess Earth is overcontrolling Water.	Excess Metal is overcontrolling Wood.	Excess Water is overcontrolling Fire.
<i>Physical Symptoms</i>	Stagnant Liv. Qi impedes digestion; St. Qi can't descend leads to nausea, Sp. Qi can't go up leads to diarrhea	Heat invades Lungs; dry cough, or if laugh cough Hot sinus or skin dx Dry, Damp, Heat, or Blood in LI	Earth dries up Water Runs dry Weak or sore low back and legs Urinary issues	Tightness resulting in impaired breathing leads to Liv. Qi Stagnation which can lead to depression	Damp foggy mind Congestive heart failure Damp cold digestion (Small Intestine, San Jiao)
<i>Psychosocial Symptoms</i>	Drive to do interferes with ability to meet physical needs: forget to pee, eat	Excitement, passion, desire to connect overrules boundaries and discernment	Physical body and its needs or addictions override spiritual development	Sadness overrides anger; "Ow Brain"/perfectionism overrides going forward toward goals	Dampened spirit, the desire for rest/downtime overrides fun, connection, or pursuit of passions
<i>Yin Points Yang Points</i>	-Liv 3 +Spleen 1 -GB 34 +St 43	-Ht 4/PC5 +Lu 10 -SI/SJ 1 +LI 5	-Spleen 9 +Kid 3 -St 44 +UB 40	-Lu 11 +Liv 4 -LI3 +GB44	-Kid 2 +Ht/PC 3 -UB60 +SI/SJ 2
<b>Insulting</b>	Wood<Earth	Fire<Metal	Earth<Water	Metal<Wood	Water<Fire
	Excess Earth is rebelling and insulting Deficient Wood.	Excess Metal is rebelling and insulting Deficient Fire.	Excess Water is rebelling and insulting Deficient Earth.	Excess Wood is rebelling and insulting Deficient Metal.	Excess Fire is rebelling and insulting Deficient Water.
<i>Physical Symptoms</i>	Food Stagnation or poor digestion leads to Liv. Qi Stagnation which leads to pain and depression	Chest tightness, difficulty breathing can lead to chest pressure which can increase anxiety or lead to depression	Water overtakes digestion, and muscles, resulting in boggy digestion, loose BMs, and Fibromyalgia	Liv. Qi Stagnation impairs breathing (asthma) or causes LI issues such as constipation, IBS	Hot/dry affects Kidneys leading to UTIs, other urinary issues, restlessness, heart palpitations, insomnia
<i>Psychosocial Symptoms</i>	Desire to tend home and hearth or be grounded kills drive and desire for adventure.	Rigidity and perfectionism crushes passion and creativity. Armor can block Heart.	Inward focus results in not being in tune with the body and considering the body's needs less important.	Recklessly seeking adventure or pushing/growing without measure. Anger masks grief.	Excitement, passion overtakes rest, peace, solitude, inner life. Fear leads to anxiety.
<i>Yin Points Yang Points</i>	+Liv 3 -Spleen 1 +GB 34 -St 43	+Ht 4/PC5 -Lu 10 +SI/SJ 1 -LI 5	+Spleen 9 -Kid 3 +St 44 -UB 40	+Lu 11 -Liv 4 +LI3 -GB44	+Kid 2 -Ht/PC 3 +UB60 -SI/SJ 2

**Assessment Worksheet 3B: 5 Element Dynamics Graphic**





## Assessment Worksheet 4: Day Master

### Day Master:

Element Strength:        %

Total Value:

Timeliness:

Main Qualities:

### Basic Timeliness Chart

<b>Season</b>	<b>Prosper Strong</b>	<b>Birth Strong</b>	<b>Death Weak</b>	<b>Jailed Weak</b>	<b>Retiring Weak</b>
<b>Spring</b>	Wood	Fire	Earth	Metal	Water
<b>Summer</b>	Fire	Earth	Metal	Water	Wood
<b>Fall</b>	Metal	Water	Wood	Fire	Earth
<b>Winter</b>	Water	Wood	Fire	Earth	Metal

## Assessment Worksheet 5A: Organ/Meridian Balance

### Yin Wood–Liver #

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Headstrong, overbearing	<b>Psychosocial Qualities</b> Resolute, indomitable spirit, good foresight, planning, and vision	Weak, poor resolve and planning, unable to see big picture
Diseases of the Liver	<b>Western</b> Healthy Liver function	Diseases of the Liver
Issues with Qi and Blood flow Difficulty with smooth movement of joints and muscles Issues with vision and eyes	<b>Traditional Chinese Medicine</b> Healthy blood, flowing smoothly, in proper places Smooth flow of Qi, healthy circulation Smooth movement in joints and muscles	Issues with Qi and Blood flow Difficulty with smooth movement of joints and muscles Issues with vision and eyes
<b>TCM Diagnoses</b> Qi Stagnation, Blood Stagnation, Liver Fire Blazing Upward, Liver Wind Agitating, Stagnation of Cold in Liver Channel, Damp Heat in Liver	Good vision and healthy eyes Healthy fingernails and toenails	<b>TCM Diagnoses</b> Liver Qi Deficiency, Liver Blood Deficiency, Liver Yang Deficiency, Liver Yang Rising, Liver Qi Stagnation, Liver Blood Stagnation

### Yang Wood–Gall Bladder #

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Has “Gall,” can be rash, bold, bitter, or impertinent	<b>Psychosocial Qualities</b> Has initiative, capacity and courage to move forward and make decisions	Timid, anxious, easily discouraged, indecisive, lacking courage and initiative
Diseases of the Gallbladder	<b>Western</b> Healthy Gallbladder	Diseases of the Gallbladder
Tendon and ligament issues	<b>Traditional Chinese Medicine</b> Healthy tendons and ligaments	Tendon and ligament issues
<b>TCM Diagnosis</b> Damp Heat in Gall Bladder		<b>TCM Diagnosis</b> Gall Bladder Deficient

**Highlight the deficient column if the Value is 0. Highlight the balanced column if the Value is balanced (20-150). Highlight the excess and balanced columns if the Value is excess (160+).** Remember, we do this because a higher number means the Organ/Meridian is both strong in its qualities and can show signs of excess when the individual is out of balance.

## Yin Fire–Heart #

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Excessive compassion and sensitivity to others' and own emotions, overactive brain, scattered thinking, anxious, inappropriate talking or laughter	<b>Psychosocial Qualities</b> Has “Heart,” compassion, EQ, clear thinking, capacity to connect, appropriately expressive	Difficulty connecting or reading people, anxious, scattered, unfocused or dull thinking, difficulty expressing self
Heart and blood vessel diseases	<b>Western Medicine</b> Healthy heart and blood vessels	Heart and blood vessel diseases
Issues with Heart, blood vessels, blood and blood flow, troubled mind/Shen, issues with sweating, tongue, and speech	<b>Traditional Chinese Medicine</b> Healthy Heart, blood vessels, blood and blood flow Healthy mind and Shen Normal perspiration Normal speech and healthy tongue Healthy complexion	Issues with Heart, blood vessels, blood and blood flow, troubled mind/Shen, issues with sweating, tongue, and speech
<b>TCM Diagnoses</b> Heart-Fire, Phlegm-Fire, Phlegm Misting the Heart, Heart Blood Stagnation		<b>TCM Diagnoses</b> Heart Qi/Yin/Yang/Blood Deficiency, Phlegm Misting the Heart, Heart Blood Stagnation

## Yang Fire–Small Intestine #

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Throws out pure, judgmental, cannot distinguish options or make right choices, manic*	<b>Psychosocial Qualities</b> Separates pure from impure, mental clarity, judgement and discernment to make good decisions	Cannot distinguish options or make right choices
Diseases of the Small Intestine	<b>Western Medicine</b> Healthy Small Intestine	Diseases of the Small Intestine
Digestion issues	<b>Traditional Chinese Medicine</b> Healthy digestion	Digestion issues
<b>TCM Diagnoses</b> Full Heat in SI, SI Qi Pain/Tied, Worms		<b>TCM Diagnoses</b> Small Intestine Deficient and Cold

\*Driven by an unstoppable desire to undertake several different projects and push themselves very hard in many different directions with great dissipation of energy. If this energy can be harnessed with the help of acupuncture treatment, these persons can be very creative, productive, imaginative and usually artistic.<sup>7</sup>

7. Maciocia, Giovanni, The Foundations of Chinese Medicine, London: Churchill Livingstone, 1989, Page 274.

## Yin Earth–Spleen #

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Foggy brain, unable to focus	<b>Psychosocial Qualities</b> Clear mind with good focus	Spacey, difficulty with focus
Diseases of the Spleen	<b>Western Medicine</b> Healthy Spleen	Diseases of the Spleen
Difficult or ineffectual digestion, Blood not properly contained; bleeding, Sinking Qi, difficulty with mental work, issues of the muscles and flesh, trouble with sense of taste, mouth or saliva	<b>Traditional Chinese Medicine</b> Healthy Digestion Blood properly contained Qi is lifted Clear thinking Muscles and flesh healthy Healthy sense of taste Mouth and saliva healthy	Difficult or ineffectual digestion, Blood not properly contained; bleeding, Sinking Qi, difficulty with mental work, issues of the muscles and flesh, trouble with sense of taste, mouth or saliva
<b>TCM Diagnoses</b> Spleen Damp, Cold Damp in Spleen, Damp Heat in Spleen, Spleen Qi Sinking, Spleen not controlling Blood		<b>TCM Diagnoses</b> Spleen Qi Deficiency, Spleen Yang Deficiency, Spleen Qi Sinking, Spleen not controlling Blood

## Yang Earth–Stomach #

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Rumination, obsessive thoughts, severe anxiety, hyperactivity, mania, hypomania, mental confusion*	<b>Psychosocial Qualities</b> Able to digest life; things move through in proper timing	Difficulty digesting life; doesn't process, "drops" thoughts
Diseases of the Stomach	<b>Western Medicine</b> Healthy Stomach	Diseases of the Stomach
Difficult or ineffectual digestion, Rebellious Qi, excess or deficient fluids, lip, mouth, saliva, and sense of taste issues	<b>Traditional Chinese Medicine</b> Healthy digestion Qi descends properly Healthy fluids Healthy lips, mouth, saliva and sense of taste	Difficult or ineffectual digestion, Rebellious Qi, excess or deficient fluids, lip, mouth, saliva, and sense of taste issues
<b>TCM Diagnoses</b> Stomach Fire/Phlegm Fire, Cold invading Stomach, Rebellious Stomach Qi, Food Stagnation, Blood Stagnation		<b>TCM Diagnoses</b> Stomach Qi Deficiency, Stomach Deficient and Cold, Stomach Yin Deficiency, Rebellious Stomach Qi, Food Stagnation, Blood Stagnation

\*Excess of the Stomach can manifest as shutting oneself in the house, closing all doors and windows, wanting to be by oneself, uncontrolled talking or laughing or singing, violent behaviour and taking off of one's clothes.<sup>8</sup>

8. Maciocia, Giovanni, The Foundations of Chinese Medicine, London: Churchill Livingstone, 1989, Page 112.

## Yin Metal–Lungs #

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Rigid, difficulty taking in and letting go, exaggerated boundaries and defenses	<b>Psychosocial Qualities</b> Takes in and lets go, establishes rhythm, maintains boundaries and defenses	Too permeable, difficulty with taking in and letting go, weak boundaries
Diseases of the Lungs	<b>Western Medicine</b> Healthy Lungs	Diseases of the Lungs
Issues with Qi or respiration, Water passages not properly regulated, issues with nose, skin, sense of smell or touch, excess mucus or dryness	<b>Traditional Chinese Medicine</b> Healthy respiration and strong Qi Healthy nose, skin, sense of smell and touch Water passages regulated Normal mucus and moisture	Issues with Qi or respiration, Water passages not properly regulated, issues with nose, skin, sense of smell or touch, excess mucus or dryness.
<b>TCM Diagnoses</b> Phlegm, Damp, Heat, Fluids, Dryness, Cold obstructing Lungs, Lung Qi Stagnation		<b>TCM Diagnoses</b> Lung Qi, Yin, or Yang Deficiency, Lung Dryness, Wei Qi Deficiency

## Yang Metal–Large Intestine #

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Holds back, rigid	<b>Psychosocial Qualities</b> Able to let go	Difficulty holding back
Diseases of the Large Intestine	<b>Western Medicine</b> Healthy Large Intestine	Diseases of the Large Intestine
Difficult digestion and elimination	<b>Traditional Chinese Medicine</b> Healthy digestion and elimination	Difficult digestion and elimination
<b>TCM DX</b> Cold, Heat, Damp, or Dryness in the Large Intestine		<b>TCM DX</b> Cold, Heat, Damp, or Dryness in Large Intestine, Collapse of Large Intestine

## Yin Water–Kidneys #

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Excessive will and willpower	<b>Psychosocial Qualities</b> House of willpower, brain has strong memory, mind is focused on goals that it sets itself, and will pursue them in a single minded way	Lacking in willpower, poor resolve, poor memory
Diseases of the Kidneys	<b>Western Medicine</b> Healthy Kidneys	Diseases of the Kidneys
Issues with Essence, reproduction and growth, fluid balance, urination, ears, hearing, teeth, bones, and marrow, difficulty with Qi being anchored	<b>Traditional Chinese Medicine</b> Healthy Essence: reproduction/growth Fluid balance and healthy urination Healthy ears and hearing Healthy teeth, bones, and marrow Qi is properly anchored	Issues with Essence, reproduction and growth, fluid balance, urination, ears, hearing, teeth, bones, and marrow, difficulty with Qi being anchored
<b>TCM Diagnoses</b> Kidney Yang, Qi, Yin, and Essence Deficiency, Kidney Qi not firm, Kidney not receiving Qi		<b>TCM Diagnoses</b> Kidney Qi, Yin, Yang, and Essence Deficiency, Kidney Qi not firm, Kidney not receiving Qi

## Yang Water–Urinary Bladder #

EXCESS – DISTORTED	BALANCED	WEAK – DEFICIENT
Jealousy, suspicion, long standing grudges*	<b>Psychosocial Qualities</b> Yang Aspect of Fire of Gate of Vitality	Jealousy, suspicion, long standing grudges*
Diseases of the Urinary Bladder	<b>Western Medicine</b> Healthy Urinary Bladder	Diseases of the Urinary Bladder
Difficulty with urination and transformation of fluids, issues with Yang Kidney (Ming Men)	<b>Traditional Chinese Medicine</b> Healthy urination and transformation of fluids Healthy Yang aspect of Kidney (Ming Men)	Difficulty with urination and transformation of fluids, issues with Yang Kidney (Ming Men)
<b>TCM Diagnoses</b> Damp, Heat, or Cold in UB		<b>TCM Diagnoses</b> Damp, Heat, or Cold in UB, Urinary Bladder Deficient

\*On a mental level, an imbalance in the Bladder can provoke negative emotions such as jealousy, suspicion and the holding of long-standing grudges.<sup>9</sup>

9. Maciocia, Giovanni, The Foundations of Chinese Medicine, London: Churchill Livingstone, 1989, Page 117.

**Treatment Worksheet IA: Yin/Yang Balance Recommendations**

Yin/Yang Balance Recommendations	
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**Treatment Worksheet IB: Day Master Recommendations**

<b>Day Master Recommendations</b>	
Seasonal Timing	
Lifestyle	
Psychosocial Considerations	
Complementary Therapies	
Acupuncture Treatment Priority	

**Treatment Worksheet 2: Natural Remedies**

Remedy	Wood	Fire	Earth	Metal	Water
Food					
Western Herbs					
TCM Herbs					
Essential Oils					
Flower Essences					
Cell Salts					
Other					



### Treatment Worksheet 3A: Point Menu Worksheet

Element %	Wood %	Fire %	Earth %	Metal %	Water %
Yin Organ	Liver	Heart/PC	Spleen	Lung	Kidney
Yang Organ	GB	SI/SJ	Stomach	LI	UB
<b>Balancing the 5 Elements - Polarity Agents used. Written in from the 5 Element Dynamics Worksheet</b>					
<b>5 Elements Control Insult</b>					
<b>Balancing Organs/Meridians within the Elements - Polarity Agents used</b>					
<b>Luo/Source Combination</b>  One organ within an Element is deficient, the other is excess.	Excess Liver Deficient GB -Liver 5 +GB 40	Excess Ht Def. SI Heart -5 +SI 4 Excess SI Def.Ht -SI 7 +Heart 7	Excess Spleen Deficient ST -Spleen 4 +Stomach 42	Excess Lung Deficient LI -Lung 7 +Large Intestine4	Excess Kidney Deficient UB -Kidney 4 +UB 64
	Excess GB Deficient Liver -GB37 +Liver 3	Excess PC Def. SJ -PC 6 +SJ 4 Excess SJ Def. PC -SJ 5 +PC 7	Excess Stomach Deficient SP -Stomach 40 +Spleen 3	Excess LI Deficient Lung -Large Intestine 6 +Lung 9	Excess UB Deficient Kidney -UB 58 +Kidney 3
<b>Individually Balancing Deficient / Excess Organ/Meridians - Polarity Agents used for 4 Point Treatments</b>					
<b>Tonification</b> (Deficient)	+Liver 8 Kid10 -Lung 8 Liver 4  +GB 43 UB66 -LI 1 GB44	+Ht/PC 9 Liver 1 -Kidney 10 Ht/PC3  +SI/SJ 3 GB41 -UB66 SI/SJ 2	+Spleen 2 Heart 3 -Liver 1 Spleen 1  +ST 41 SI 5 -GB41 ST 43	+Lung 9 Spleen 3 -Heart 8 Lung 10  +LI 11 St 36 -SI 5 LI 5	+Kidney 7 Lung 8 -Spleen 3 Kid 3  +UB 67 LI 1 -St36 UB40
<b>Sedation</b> (Excess)	-Liver 2 Heart 8 +Lung 8 Liver 4  -GB 38 SI 5 -LI 1 GB 44	-Ht/PC 7 Spleen 3 +Ht/PC 3 Kid 10  -SI 8, SJ 10 ST 36 +UB 66 SI/SJ 2	-Spleen 5 Lung 8 +Liver 1 Spleen 1  -ST 45 LI 1 +GB41 St43	-Lung 5 Kidney10 +Heart 8 Lung 10  -LI 2 UB66 +Si5, LI 5	-Kidney 1 Liver 1 +Spleen 3 Kidney 3  -UB65 GB41 +UB40 ST36
<b>Mu &amp; Shu</b>  (Deficiency or Excess)	Liver: Liv14 UB 18  GB: GB 24 UB 19	Ht: Ren 14 UB 15 PC: Ren 17 UB 14  SI: Ren 4 UB 27 SJ: Ren 5 UB 22	Spleen: Liv13 UB 20  ST: Ren 12 UB 21	Lung: Lu 1 UB 13  LI: St 25 UB 25	Kid.: GB 25 UB 23  UB: Ren 3 UB 28
<b>Additional Points to Balance Deficient and Excess Organ/Meridians</b>					
<b>Source</b> (Def./Exc)	Liver 3 GB40	Heart/PC 7 SI/SJ 4	Spleen 3 Stomach 42	Lung 9 LI 4	Kidney 3 UB 64
<b>Xi Cleft</b> (Excess)	Liver 6 GB 36	H 6, PC 4 SI 6, SJ 7	Spleen 8 Stomach 34	Lung 6 LI 7	Kidney 5 UB 63
<b>Lower He Sea</b> (Def./Exc)	Gall Bladder 34	Small Intestine- St 39 San Jiao-UB 39	Stomach 36	LI -St 37	UB 40
<b>Auricular</b> (Def./Exc)	Liver Gall Bladder	Heart Small Intestine	Spleen Stomach	Lung Large Intestine	Kidney Urinary Bladder
<b>Tung Points</b> <b>*Write In</b>					

### Treatment Worksheet 4: Acupuncture Treatment Planning

	Wood %	Fire %	Earth %	Metal %	Water %
Balancing the 5 Elements	Wood Earth	Fire Metal	Earth Water	Metal Wood	Water Fire
Luo and Source					
4 Point Tonification					
4 Point Sedation					
5 Element Energy Transfer					
Extra Vessels					
12 Magic	Left Hand Yin: Left Foot Yang:			Right Hand Yang: Right Foot Yin:	
	Left Hand Yin: Left Foot Yang:			Right Hand Yang: Right Foot Yin:	
Tan Balance	Left Hand Yin: Left Foot Yang:			Right Hand Yang: Right Foot Yin:	
	Left Hand Yin: Left Foot Yang:			Right Hand Yang: Right Foot Yin:	
Dredge or Strengthen					
Tung Dao Ma					